



Bath County Public Schools MAY 2015 Breakfast & Lunch Menu *BCHS*

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	
<p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p> <p>BCHS will offer additional choices at Breakfast.</p>		<p>Menus are subject to change depending on prices and availability of food items.</p>	<p>All breakfasts are served with a choice of fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p>		<p>1 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham & Cheese Sandwich (L,T,M), Spinach, Peas & Carrots, Choice of Fruit</p>
<p>USDA is an equal opportunity provider and employer.</p>					
<p>4 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Carrots/Lite Ranch, Choice of Fruit</p>	<p>5 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Red Veggie Cup, Dip, Roll, Choice of Fruit</p>	<p>6 <u>BREAKFAST:</u> Muffin, Yogurt OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, *Choice of 2* Corn, Green Beans, Tossed Salad, Watermelon <u>or</u> Banana</p>	<p>7 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich (L,T,M), Sweet Potato Puffs, Broccoli, Choice of Fruit</p>	<p>8 <u>BREAKFAST:</u> Biscuit, Egg OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, California Blend, Choice of Fruit</p>	
<p>11 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Green Beans, Tossed Salad, Choice of Fruit</p>	<p>12 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M), French Fries, Steamed Carrots, Choice of Fruit</p>	<p>13 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn, *Gr. 9-12 Brown Rice, R/O Veggie Cup, Choice of Fruit</p>	<p>14 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>15 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Tenders, Baked Potato, Broccoli, Roll, Choice of Fruit</p>	
<p>18 <u>BREAKFAST:</u> Cinnamon Roll OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Riblet Sandwich, Carrots, Potato Salad, Choice of Fruit</p>	<p>19 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, Corn, Choice of Fruit</p>	<p>20 <u>BREAKFAST:</u> Pancake on Stick OR Cheese Toast</p> <p><u>LUNCH:</u> Ham/Cheese Sandwich (L,T,M), Sweet Potato Puffs, Broccoli, Choice of Fruit</p>	<p>21 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Sloppy Joe, Baked Potato, Tossed Salad, Choice of Fruit</p>	<p>22 <u>BREAKFAST:</u> French Toast Sticks, OR Muffin, Yogurt</p> <p><u>LUNCH:</u> Grilled Cheese Sandwich, Vegetarian Beans, R/O Veggie Cup, Choice of Fruit</p>	
<p>25 MEMORIAL DAY HOLIDAY SCHOOL CLOSED</p> 	<p>26 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun, French Fries, Vegetarian Beans, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> Toast, Yogurt OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup, Choice of Fruit</p>	<p>28 <u>BREAKFAST:</u> Sausage Biscuit OR Bagel w/ Cream Cheese</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Mashed Potatoes, Tossed Salad, Sherbet, Choice of Fruit</p>	<p>29 <u>BREAKFAST:</u> Pancake on Stick OR Cereal, Toast</p> <p><u>LUNCH:</u> Corn Dog, Sweet Potato Puffs, Broccoli, Choice of Fruit</p>	

BREAKFAST

Grades K-2... A complete breakfast includes 1 oz. eq. grain, 1 cup fruit - to include ½ cup juice and ½ cup fruit piece(s), 1 cup milk, some days an additional item - 1 oz. eq. (grain or optional M/MA). All items offered must be taken.

Grades 3-12... A complete breakfast offers 1 oz. eq. grain daily, 1 cup fruit to include ½ cup juice, ½ cup fruit piece(s), 1 cup milk, additional item - 1 oz. eq. (grain or optional M/MA). The student must select at least three of the food items. One selection must be at least a ½ cup of fruit.

LUNCH

Grades K-5... A complete lunch is 1 protein (8-9 oz. weekly), 1 grain item (8-9 oz. weekly), ½ cup fruit, ¼ cup vegetables, and ½ pint of low-fat or fat-free milk.

Grades 6-8... A complete lunch is 1 protein item (9-10 oz. weekly), 1 grain item (8-10 oz. weekly), ½ cup fruit, ¼ cup vegetables, and ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.

Grades 3-12... If a student chooses 3 or 4 components for their lunch, there HAS TO BE ½ cup of a fruit or vegetable on the tray.

Grades 9-12... A complete lunch is 2 protein items (10-12 oz. weekly), 2 grain item (10-12 oz. weekly), 1 cup fruit, 1 cup serving vegetables, 8 oz. low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.